

# *Shrewsbury Parks & Recreation*



*Basketball  
Mail-in  
Registration  
starts Monday  
October 1<sup>st</sup>  
See page 6  
for details*



## *2005 Fall Brochure*



*Registration opens  
Saturday, September 10, 2005  
8-10AM at Parks & Recreation  
Continues weekdays  
M-F 8AM-12PM & 1-4:30PM*

*Department Staff*

*Angela Snell, C.P.R.P. Director  
Gary Grindle, Recreation Supervisor  
Jean Giles, Senior Account Clerk*

*Visit us on the web at [www.shrewsbury-ma.gov](http://www.shrewsbury-ma.gov)*



---

## Policies

---

### Registration & Program Information

Programs have enrollment limits, and sign-ups are accepted on a strict first-come basis. Registrations are non-transferable. Registration forms must be signed by a parent. A registration will not be accepted without a properly completed form. All registrations are subject to review for eligibility. **Programs are for residents unless otherwise noted with a non-resident fee, in which registrations will be accepted starting September 16<sup>th</sup>.** Seniors-60 and older, Adults-18 and older

### Proxy Registrations

A person may submit another's registration form, provided the form is properly completed and signed and accompanied by the correct fee. (Wait until availability is confirmed before filling in their check). Limit of one per submitted (in addition to your own).

### Refund Policy

Refunds are not allowed unless we receive written notification prior to the class starting and we are able to fill your space with someone from the waiting list. Refunds that are granted will be charged a \$5 administrative fee for programs less than \$50 and a \$10 administrative fee for programs \$50 or more. Otherwise refunds will not be allowed unless the program is canceled by the department.

### Cancellation Policy

Programs may be canceled due to lack of enrollment, inclement weather and holidays. We also reserve the right to cancel any registration due to misprints or human error.

### Cancellation Hotline

Contact 841-8336 for any cancellations due to inclement weather. (approximately 1 hour before the class starts)

### Age & Grade Requirements for Programs

All programs are to follow the set grade or age limit that is specified in the brochure. The age limit required corresponds to the date of the first class. The grade limit required corresponds to the child's grade level in the fall.

### Switching of Classes

Participants will not be allowed to switch or to change to different nights for any program.

### Photo Policy....Smile

The recreation department and/or press will take pictures & video on occasion of participants for publicity purposes and for local cable. If you do not want to have you or your child photographed, please let us know on the registration form.

### Advertisements

Programs and special events will be shown on Channel 30 and in the local newspapers.

### Office Hours

Monday through Friday 8AM-Noon & 1PM-4:30PM

### Valuables

The parks & recreation department is not responsible for any lost or stolen items. Valuables, in particular should not be brought to any program.

### Code of Conduct

We ask all participants to respect the staff, other participants, age requirements, and the equipment. Please refrain from causing bodily harm to others and from using foul language. Additional rules will be announced at each program. If a participant fails to cooperate with the rules, the department reserves the right to dismiss or suspend a participant with no money refunded. Each situation will be evaluated by the director.

### Parks & Recreation

Please contact us at 508-841-8503 with any questions.

---

## Special Events & Trips

---



### NYC on your own

The perfect time of the year to get started on Holiday shopping or go sight seeing. Drop-off is at Rockefeller Plaza and pick-up for the return trip is behind St. Patrick's Cathedral. There will be a coffee stop on the way there and back. Trip includes motor coach transportation, map and gratuity. The bus will be leaving

Town Hall at 6AM and departing from NYC at 7PM. **Non-Residents can register for \$49 starting Friday October 7<sup>th</sup> if there is still availability.**

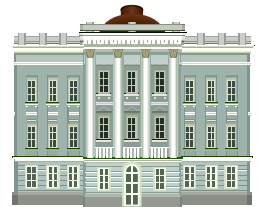
#123190-A

Res: \$42

Date: 10/22/05

### Christmas at the Newport Mansions

Come and enjoy the spirit of Christmas and the Newport Mansions! The glitter of gold and the sparkle of silver will dazzle you as you tour The Breakers (guided tour) & Marble House (self guided), decked out in Yuletide finery with spectacular evergreens, wreaths, fresh flowers and 19<sup>th</sup>



century style ornaments. You will have the opportunity to shop and eat before visiting the mansions in downtown Newport. The first tour will begin at 1:30pm. The motor coach bus will depart from Town Hall at

9am and return at 6pm. Fee includes admission into the mansions, motor coach & gratuity. **Non-Residents can register for \$47 starting Friday October 7<sup>th</sup> if there is still availability.**

#123190-B

Res: \$40

Date: 11/12/05



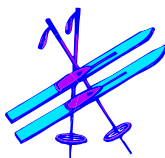
## Shrewsbury Parks & Recreation Fall Brochure 2005

### Ski & Swap

Save on your winter equipment needs or cash in on your used equipment. **Bring** your equipment in the morning, **Sale** follows and **Reclaim** equipment at the day's end.

Dealer close-out and trade-in items also available. Information will be available in early November. See flyer for details.

**Date:** 11/19 at Sherwood Middle School Gym



## Senior Programs

### Senior Line Dance

Line dance to music from the 40's, 50's and 60's. A variety of dance moves like the grapevine, hustle, hitch and Charleston will be used. (10 classes)

**# 124140-A**

**Time:** 10-11AM

**Dates:** 9/27-12/6 (no 10/4)

**Res:** \$17 **Non-Res:** \$22

**Day:** Tuesday

**Loc:** Senior Center

**Ages:** Seniors

**Instructor:** Joe Czarnecki

### Senior Recreational Bowling

Come and join the Senior Bowling League at the Town & Country Bowling Alley.

This recreational league provides exercise and an enjoyable atmosphere.

Weekly fee is \$7.50, which includes 3 games, donuts and coffee

**Dates:** 9/6 **Fee:** \$7.50 (weekly)

**Day:** Tuesday **Ages:** Seniors **Time:** 1PM

**Loc:** Town & Country Bowl (corner of RT 9 & Oak St)



### Senior Fitness & Nutrition

Exercise, and learn about improving your overall health by building strength, flexibility and eating healthy.

**# 124050-A** **Time:** 9:30-10:30AM

**Res:** \$20 **Non-Res:** \$25

**Day:** Wednesday **Ages:** Seniors

**Location:** Senior Center

**Dates:** 10/5-12/7 (no 11/2 & 11/23, 8 weeks)

**Instructor:** Karen McKenzie



### Senior Painting Medium of Choice

This class will allow participants to become creative while using a variety of different painting methods with acrylic and water base paints. The class will also focus on drawing techniques. All abilities welcome. Materials are included.

**# 124120-C** **Time:** 10AM-12PM

**Res:** \$25 **Non-Res:** \$30

**Dates:** 9/29-12/1 (no 10/13 & 11/24)

**Loc:** Senior Center Art Room

**Day:** Thursday

**Ages:** Seniors

**Instructor:** Jenn Swan



## Adults

### Adult Tennis Lessons

Classes are held for beginner and intermediate adults. A beginner is one who is brand new to the sport or relatively new and not yet playing in an actual game situation. Intermediates are those who can play a proper game with service, volleys and scoring.

Students will provide their own racquets for class. Balls are provided. **Loc:** Dean Park

**Instructor:** Dan Kelly

**Beginner # 123010-A**

**Time:** 6:30-7:30PM

**Day:** Wednesdays

**Res:** \$35, **Non-Res:** \$42

**Dates:** 9/21-10/19

**Intermediate # 123010-B**

**Time:** 7:30-8:30PM

**Day:** Tuesday

**Res:** \$35, **Non-Res:** \$42

**Dates:** 9/20-10/25 (no 10/4)



### Intermediate Yoga (previous experience)

An eclectic class drawing from several styles of yoga including willful holding of postures (Kripalu, Iyengar) and flowing movement (vinyasa - commonly known as power yoga). Techniques will be offered for breathing practices and mindfulness. Please bring a mat to class.

**Ages:** Adults & 15+

**Instructor:** D Zeutas-Broer

**# 123080-B**

**Day:** Tuesday

**Loc:** Senior Center

**Time:** 6:35-7:35PM

**Res:** \$54 **Non-Res:** \$61

**Dates:** 9/27-11/29 (no 10/4, 9 classes)

### Beginner Yoga

This class is an introduction to hatha yoga (the yoga of postures and movement) for strength, flexibility and deep relaxation.

Modifications will be presented to

conform to western exercise prescription. You don't need a flexible body to practice yoga - you need a flexible mind.

Please bring a mat and a small pillow or thick towel to class.

**# 123080-A**

**Dates:** 9/26-11/28 (no 10/10, 9 classes)

**Time:** 5:45-6:30PM

**Res:** \$54 **Non-Res:** \$61

**Days:** Monday

**Ages:** Adults & 15+

**Loc:** Senior Center

**Instructor:** D Zeutas-Broer



### Co-Ed Informal Volleyball

Pick-up games will be played for men and women during the fall months. Come out and join some of your friends while enjoying the game.

Pick-up games, no referees.

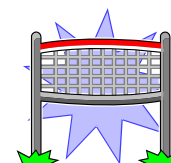
**# 123210-A** **Age:** Adults

**Time:** 7:45-9:30PM

**Res:** \$30 **Non-Res:** \$40

**Loc:** Sherwood Middle

**Days:** Monday **Dates:** 9/26-12/5 (no 10/10, 10 weeks)



## Shrewsbury Parks & Recreation Fall Brochure 2005

### Men's Informal Basketball

Get together with the guys and play some pick-up games on a weekly basis. Basketball is great way to keep in shape during the winter months. **Participants can only register for one night of basketball. However, participants can register for a second night starting Friday September 15<sup>th</sup> if there is still availability. Non-Residents can register starting Wednesday September 21<sup>st</sup> if there is still availability.** **Non-Res: \$40**



**Ages:** Adults 18 & over (10 weeks)

**Time:** 7:45-9:30PM **Res:** \$30

**Loc:** Sherwood Middle School

**Tuesday Night (30 & Over) # 123020-A**

**Dates:** 9/27-12/6 (no 10/4)

**Wednesday Night # 123020-B**

**Dates:** 9/28-12/14 (no 11/2 & 11/23)

**Thursday Night # 123020-C**

**Dates:** 9/29-12/15 (no 10/13 & 11/24)

### Total Fitness

Strength, flexibility, balance and improved bone density - get it all in one effective and fun class. This class will include low impact (kick it up a notch, if you choose) a mix of Latin dance, aerobics with cool, doable moves and some cardio-kickbox moves for core strengthening (abs, back, chest) and balance. Please wear supportive, athletic shoes, bring water and prepare to have a good time.



**# 123090-A**

**Time:** 6-6:45PM

**Res:** \$30

**Non-Res:** \$37

**Days:** Thursday

**Loc:** Beal School

**Dates:** 9/29-12/1 (no 10/13 & 11/24) 8 classes

**Ages:** Adults & 15+ **Instructor:** D Zeutas-Broer

### Pilates

This class combines the core (back, abdominals and chest) for strengthening and stabilization. It is a full body stretching and



strengthening experience for all levels of ability. Please bring a mat.

### Beginners

**# 123080-D**

**Time:** 5:45-6:30PM

**Day:** Tuesday

**Res:** \$45 **Non-Res:** \$52

**Ages:** Adults & 15+

**Location:** Senior Center

**Dates:** 9/27-11/29 (no 10/4, 9 classes)

### Ongoing (some previous experience)

**# 123080-E**

**Time:** 6:35-7:35PM

**Day:** Monday

**Res:** \$45 **Non-Res:** \$52

**Ages:** Adults & 15+

**Location:** Senior Center

**Dates:** 9/26-11/28 (no 10/10, 9 classes)

### Salsa Dancing \*New\*

Ray and Annette from "Salsa Storm" teach three of the hottest Latin dances (Salsa, Merengue and Bachata). Their teaching style makes for a comfortable, simplified, easy going and fun step by step instruction that makes it very simple for anyone at any level learn how to lead and follow. Singles and couples are both welcome!



**Ages:** Adults **# 123014-A**

**Time:** 7:30-8:30PM

**Dates:** 9/29-12/1 (no 10/13 & 11/24) (8 classes)

**Res:** \$60 **Non-Res:** \$67 **Loc:** Beal School

**Day:** Thursday **Instructor:** Ray Gonzales

### Tai Chi & Chi Gong

The Tai Chi form is a method whereby a person can practice the maneuvers used in self-defense in order to develop internal power and external flexibility. Daily Tai Chi practice will enhance the quality of life.



**Ages:** Adults **Simplified 24 form**

**# 123070-A** **Time:** 6-7PM

**Dates:** 9/28-12/7 (no 11/2 & 11/23) (9 classes)

**Res:** \$38 **Non-Res:** \$45 **Loc:** Beal School

**Day:** Wednesday **Instructor:** Laurie Demers

### Adult Recreational Sculling (Two oars)

Sculling is the form of rowing favored by most recreational rowers. Discover the benefits of speed, serenity and physical activity. Swimmers only, rowing classes are not limited to Shrewsbury residents. **Obtain the rowing registration from the department**



**Fee:** \$250.00

**Ages:** Adults 17 and older

**Dates:** 9/26-9/30

**Time:** 5:30-7:30AM

**Days:** Monday-Friday

**Loc:** Donahue Rowing Center

## Youth & Teen

### Mixed Media

Explore the many possibilities in art while trying a variety of projects to develop your skills in drawing, color-mixing, and self-expression. We will look at the work of well known artists to gain inspiration and knowledge.

**# 122120-D** **Dates:** 9/27-11/22 (no 10/4)

**Res:** \$45 (8 weeks)

**Time:** 4:30-6:30pm

**Day:** Tuesday

**Grades:** 3<sup>rd</sup>-6<sup>th</sup>

**Instructor:** Jenn Swan

**Location:** Ray Stone Post



## Shrewsbury Parks & Recreation Fall Brochure 2005

### Beginner Teen Tennis Lessons

A beginner is one who is brand new to the sport, or who is relatively new and not yet playing in an actual game situation. Students will provide their own racquets for class. Balls are provided.

**Instructor:** Dan Kelly

**# 122010-A**      **Day:** Tuesday  
**Grades:** 8-12<sup>th</sup>      **Time:** 6:30-7:30PM  
**Loc:** Dean Park      **Res:** \$35    **Non:** \$42  
**Dates:** 9/20-10/25 (No 10/4, 5 classes)

### Intermediate Teen Tennis Lessons

Intermediates are those who can play a proper game with service, volleys and scoring. Students will provide their own racquets for class. Balls are provided.

**Instructor:** Dan Kelly

**# 122010-B**  
**Grade in Fall:** 8-12<sup>th</sup>      **Res:** \$35    **Non:** \$42  
**Time:** 7:30-8:30PM      **Day:** Wednesday  
**Loc:** Dean Park      **Dates:** 9/21-10/19 (5 classes)



### **Registration Now Being Accepted!!!!**

**Forms are available in the office and include times, days and prices. Buffone Arena (Worcester).**

#### Learn to Skate

Each class consists of a 25 minute lesson where the skaters learn the necessary skills to enjoy recreational ice skating or enter into a hockey or figure skating program. The program includes an optional 25 minute unsupervised practice on weekdays or free admission to Public Skating immediately following the class on weekends. **For ages 6-12**



#### Basic Hockey "Skills & Drills"

This program is an excellent introduction for children 6 years and older who want to learn the basic skills necessary to enter into a youth hockey program. Equipment needed includes hockey helmet and gloves. **For ages 6 and older**

### Youth Flag Football

**Registration Now Being Accepted!!!!**

Flag Football is a great program for children to learn the game in a fun and exciting environment. Program includes a t-shirt. Registration flyers are available in the recreation office. **Sign-ups will not be accepted at the field. Sign up Now in our office!**

**Day:** Saturday

**Location:** Coolidge Field      **Res:** \$40

**Dates:** 9/10-10/22 (no 10/1) 6 weeks

**#122160-A**  
**(grades 3&4)**  
**Time:** 9-10:15PM

**#122160-B**  
**(grades 5-7)**  
**Time:** 10:30-11:45AM



### TAE KWON DO (Beginners)

TAE KWON DO is a great form of exercise, develops self-confidence, teaches self-defense training and self discipline. A uniform is included with the program for new participants. Program is designed for beginners who have not taken TAE KWON DO before. Students will have the option of joining the **US TAE KWON DO Center Academy (Rte 9, next to Town Fair Tire)** after completion of this program.

**# 122290-A**      **Fee:** \$60 (10 classes)

**Dates:** 9/27-11/1 (no 10/4) **Time:** 5:50-6:35PM

**Day:** Tuesday & Friday      **Ages:** 5 and up

**# 122290-B**      **Time:** 9-9:45AM

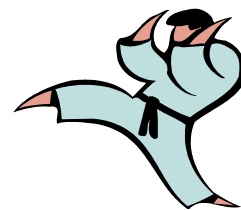
**Fee:** \$40 (6 classes)      **Dates:** 9/24-10/29

**Day:** Saturday      **Ages:** 5 and up

**# 122290-C**      **Time:** 10-10:45AM

**Fee:** \$40 (6 classes)      **Dates:** 9/24-10/29

**Day:** Saturday      **Ages:** 5 and up



### Teen Karate

A great program to help improve self-confidence, self-defense and self discipline for teenagers!

**# 122290-D**      **Time:** 6:40-7:25PM

**Fee:** \$40 (6 classes)      **Dates:** 9/23-10/28

**Day:** Friday      **Ages:** 12 and up

### ARC Babysitter's Training Course

Our American Red Cross Babysitter's Training Course will provide 6-8<sup>th</sup> grade students with training in leadership, safety and safe play, basic care, first aid and professionalism. The course information gives students the basic skills necessary to provide safe and responsible care for children in the absence of parents or guardians. The course is being offered through a partnership with the Shrewsbury Child Development Committee and Shrewsbury Parks and Recreation Department.



**# 122250-A**      **Time:** 6:15-8:30PM      **Grade:** 6-8<sup>th</sup>  
**Day:** Tuesday      **Loc:** Sherwood Middle School Room 137  
**Dates:** 9/27-10/25 (No 10/4, 4 classes)      **Res:** \$45

**# 122250-B**      **Time:** 6:15-8:30PM      **Grade:** 6-8<sup>th</sup>  
**Day:** Wednesday      **Loc:** Sherwood Middle School Room 137  
**Dates:** 10/5-10/26 (4 classes)      **Res:** \$45

**# 122250-C**      **Time:** 6:15-8:30PM      **Grade:** 6-8<sup>th</sup>  
**Day:** Monday      **Loc:** Sherwood Middle School Room 137  
**Dates:** 11/7-11/28 (4 classes)      **Res:** \$45

**# 122250-D**      **Time:** 6:15-8:30PM      **Grade:** 6-8<sup>th</sup>  
**Day:** Tuesday      **Loc:** Sherwood Middle School Room 137  
**Dates:** 11/8-11/29 (4 classes)      **Res:** \$45

## Shrewsbury Parks & Recreation Fall Brochure 2005

### Claytime Pottery

Each week the children will have the opportunity to paint an unfinished piece of pottery that will be then glazed and fired in a kiln.

During each session there will be Claytime staff available to provide instruction on a variety of different painting techniques. All of the dinnerware painted will be food safe once it's glazed and fired. **Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts)**



#### **"Fall Theme" # 122120-A**

**Res:** \$45      **Time:** 5:30-6:30PM      **Day:** Thursday  
**Dates:** 9/29-10/27 (No 10/13, 4 weeks)      **Grades:** 1<sup>st</sup>-4<sup>th</sup>

#### **"Holiday Theme" # 122120-B**

**Res:** \$45      **Time:** 5:30-6:30PM      **Grades:** 1<sup>st</sup>-4<sup>th</sup>  
**Dates:** 11/10-12/8 (no 11/24, 4 weeks)      **Day:** Thursday

### Tiny Tykes Football

Learn the basic skills and rules of flag football in a fun and safe learning environment. Program includes a Tiny Tykes t-shirt.

**# 122160-C      Grades:** K-2

**Res:** \$40      **Day:** Saturday

**Dates:** 9/17-10/22 (No 10/1, 5 weeks)

**Location:** Coolidge Field      **Time:** 9:30-10:15AM



### Junior Golf Lessons

The class will cover one subject each session, which includes putting, pitching, full swing irons and woods. There is a limited # of clubs for rent and parents should call immediately (on a first come basis). Please contact Dick Naas with any questions at 508-836-2668. All classes are **RAIN OR SHINE** (no make-ups).



**# 122220-A      Time:** 3:45-5PM

**Day:** Tuesday      **Ages:** 6-10

**Dates:** 9/20-10/18 (No 10/4, 4 weeks) **Res:** \$54

**Location:** Indian Meadows Country Club

**# 122220-B      Time:** 3:45-5PM

**Day:** Wednesday      **Ages:** 10-15

**Dates:** 9/21-10/12 (4 weeks) **Res:** \$54

**Location:** Indian Meadows Country Club

### Special Needs Bowling

This program will help children learn the fundamentals of bowling. They will also socialize, meet new friends and help develop motor skills. All bowling fees and shoes will be included in the price. (8 weeks)

**# 125180-A      Res:** \$20

**Dates:** 9/27-11/22 (no 10/4)      **Time:** 4:30-5:30PM

**Day:** Tuesdays      **Location:** Town & Country Bowl

**Grades:** 1-6<sup>th</sup> Special Needs Students

### Contacts for Local Sport Programs 2005

<u>Little League Baseball</u>	<a href="http://www.shrewsburylittleleague.com">www.shrewsburylittleleague.com</a>
<u>LL Girl's Softball</u>	<a href="http://www.shrewsburylittleleague.com">www.shrewsburylittleleague.com</a>
<u>Pop Warner Football</u>	<a href="http://www.shrewsburyyouthfootball.com">www.shrewsburyyouthfootball.com</a>
<u>Youth Hockey</u>	<a href="http://www.syha.net">www.syha.net</a>
<u>Youth Soccer</u>	<a href="http://www.shrewsburyyouthsoccer.org">www.shrewsburyyouthsoccer.org</a>
<u>ORA (rowing)</u>	<a href="http://www.gra.org">www.gra.org</a>
<u>SCDC</u>	<a href="http://www.scdc.info">www.scdc.info</a>
<u>Girls Youth Lacrosse</u>	<a href="http://www.townisp.com/~sgylax">www.townisp.com/~sgylax</a>

## Children

### **Sign-up now!!!**

**Registration Forms are available in the office and include times, days and prices. Buffone Arena (Worcester)**

**Facility Management- 781-871-7681**

#### **Tiny Blades Skating**

Each class consists of a 25 minute lesson where skaters learn the necessary skills to enjoy recreational ice skating or enter into a hockey or figure skating program. The program includes an optional, unsupervised 25 minute practice on weekdays or free admission to public skating immediately following the class on weekends. Ages 4-6

#### **Tots, Tykes & Me Skating**

Each class consists of a 25 minute lesson and includes an optional, unsupervised 25 minute practice. For this program, each child must have an adult participating with them on the ice. Ages 2.5-4 with adult

#### **Tykes Hockey**

Each class consists of a 25 minute lesson where skaters learn the necessary skills to enter into a hockey program. The program includes an optional, unsupervised 25 minute practice on weekdays or free admission to public skating immediately following the class on weekends. Ages 4-6

#### **Tiny Bubbles**

The child & parent will have the opportunity to design and work with age appropriate projects. Each project will allow the child to become creative in a safe and fun atmosphere. All pottery projects will be glazed and fired in a kiln.

**Location: Claytime Studio (Rte 9 in Shrewsbury, next to Dunkin Donuts)**

**# 122120-C      Ages:** 2-4 (with parent)

**Res:** \$45      **Time:** 10-11AM

**Dates:** 10/3-10/31 (no 10/10) **Day:** Monday



## Shrewsbury Parks & Recreation Fall Brochure 2005

### All By Myself

Your child will have fun participating in circle time with books and discussions, small and large motor activities, art projects, cooperative play and age appropriate lessons. Through structured play and discovery learning, your child will have the opportunity to increase their social development, self-esteem and independence. Each week, the activities will vary and be based on a theme. Child must **be at least 3, but no older than 5 at the start of the first class** and can only attend one day per session. Children must also be potty trained. Loc: Ray Stone Post  
Ages: 3-5



Res: \$70 (8 weeks) Instructor: Ann Morrissey  
# 121040-A Day: Wed. Time: 10:45AM-12:30PM  
# 121040-B Day: Thurs. Time: 10:45AM-12:30PM  
# 121040-C Day: Fri. Time: 10:45AM-12:30PM  
Wednesday dates: 9/28-11/30 (no 11/2 & 11/23)  
Thursday dates: 9/29-12/1 (no 10/13 & 11/24)  
Friday dates: 9/30-12/2 (no 11/11 & 11/25)

### Just You & Me

This class is designed to give you the opportunity to spend quality time with your toddler and have fun, too. Together you will play games, sing songs, do crafts, and more. Each week, the activities will vary and be based on a theme. Parent or adult must be able to stay with child at all times and participate. Child must **be at least 2 and no older than 3 at the start of the first class.** (one class per child)



Instructor: Ann Morrissey Ages: 2 & 3 (with parent)  
Res: \$40 per child (8 weeks) Loc: Ray Stone Post  
(Parking at Upper Dean Park lot, by pond, Main Street)  
# 121040-E Day: Thursday Time: 9:45-10:30AM  
# 121040-F Day: Friday Time: 9:45-10:30AM  
Thursday dates: 9/29-12/1 (no 10/13 & 11/24)  
Friday dates: 9/30-12/2 (no 11/11 & 11/25)

### Winter Basketball

Mail-in registrations will **only** be accepted starting with a postmark date of October 1<sup>st</sup> thru October 14<sup>th</sup> in the office. Thereafter, walk-in/drop-off and mail-in registrations will be accepted based on availability. All programs have limited space and may fill up at any point during the registration process. Basketball is open to boys and girls in grades 3-9<sup>th</sup>. Registration forms will be available on the web in the middle of September and distributed throughout the Shrewsbury School System.



### Preschool Kids Crafts

This class encourages parent and child interaction in a creative and challenging environment for the child, along with social involvement with other preschool children. Classes give children the opportunity to use paints and glue, while designing art projects.

Ages: 2-4 (with parent),

Location: Ray Stone Post

# 121120-A Time: 9-9:45AM  
Dates: 9/28-10/19 Day: Wednesday  
Res: \$31 (4 weeks)

# 121120-B Time: 9-9:45AM  
Dates: 11/9-12/7 (no 11/23)  
Day: Wednesday Res: \$31 (4 weeks)



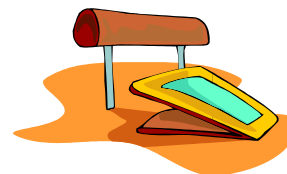
### Gymnastics

"New Location" Shrewsbury Parks & Recreation has teamed up with the Gymnastics Learning Center to offer new and exciting gymnastics classes for children ages 4 & 5. Each structured class is 45 minutes

in length, which is designed to introduce basic gymnastic skills and stimulate gross motor skill development. The use of special preschool equipment, in addition to the safe use of all gymnastics equipment, develops and refines motor skills, coordination and self confidence. The ratio will be 8 students to 1 instructor.

Location: Gymnastics Learning Center, located at 574 Lake Street in Shrewsbury

# 121150-A Time: 2:15-3pm  
Fee: \$69 Dates: 9/28-11/30 (no 11/2 & 11/23)  
Ages: 4 & 5 Day: Wednesday (8 classes)  
# 121150-B Time: 11-11:45am  
Fee: \$69 Dates: 9/29-12/1 (no 10/13 & 11/24)  
Ages: 4 & 5 Day: Thursday (8 classes)



**Shrewsbury Special Needs Program**  
Special Olympics training and social activities for students ages 6 and older.  
For a schedule of events please visit:  
[www.shrewsbury.ma.gov/parkrec/special](http://www.shrewsbury.ma.gov/parkrec/special)